

# A NATURAL ROUTINE

Get outdoors and explore the city of Anniston's "Dr. David Satcher Health & Wellness Trail", located in Anniston's historic 15th Street Business District. This outdoor gym and walking trail offers eight physical fitness stations designed to increase flexibility, endurance and core body strength. Easy-to-read diagrams at each station provide instruction. ADA accessible, night lighting, convenient parking.

**Length: Two Blocks**

**Time: Variable**

**Effort Level: Moderate**

## 1. Plyometrics Station

*Increases quick response, elastic properties of major muscles.*

## 2. Tai Chi Wheels

*Promotes flexibility, enhances relaxation and meditation. Evenly tones muscles without strain.*

## 3. Chest/Back Press

*Builds equal endurance for opposing muscle groups.*

## 4. Squat Press

*Builds leg and hip muscle endurance.*

## 5. Cardio Stepper

*Provides cardiovascular/step aerobic workout.*

## 6. Pull-Up/Dip

*Provides multiple strength-building exercises for upper body.*

## 7. Balance Steps

*Improves balance, coordination, core body strength and flexibility.*

## 8. Mobility Station

*Develops balance and essential functional fitness. Good for joint replacement rehabilitation.*

While you're there, check out the West 15th Street Business District's Historic Marker. This was once the hub of economic activity for Anniston's African-American community.

*Consult your healthcare professional before starting any exercise program. The Health & Wellness Trail is maintained by the city of Anniston. Please report issues to Steven Folks, PARD Director, [sfolks@annistonai.gov](mailto:sfolks@annistonai.gov) or 256-236-8221.*

